Parsons State Hospital & Training Center

Inside this issue:

Moist Devils Food 1

Popcorn and Peanut 1

Truffles

Spicy Mexican Salad

Country Breakfast 1
Casserole

Wild Rice Soup

Mandaga M/addisa

Mexican Wedding Cookies

Possum N Taters 2

Cajun Possum Chili

Breakfast Casserole 2

Apple Chiffon Cake 2

The Whole Jar of 2
Peanut Butter Cooking

Maple Salmon 2

See Page 3 of Newsletter for More!



# **PSH&TC HOLIDAY RECIPES**

MOIST DEVILS FOOD CAKE

by Linda A. Woods

Cream together

2 eggs

1 cup oleo

2 cups sugar 2 tsp. vanilla

1 tsp. salt

ADD- 1 c. sour milk or buttermilk Mix well

ADD to cream mixture-

2 ½ c. flour ½ c. cocoa

2 tsp. baking soda

Mix well

**ADD** 1 cup boiling water slowly. Mixture will be thin. Bake in 350\* oven, 30 min. or until toothpick comes out clean.

FROSTING

Bring to a boil:

1 stick oleo

4 T. cocoa

4 T. milk

**ADD** powder sugar to make it as thick as needed Mmm mmmm good

SPICY MEXICAN SALAD

**Mona Smith** 

(Mona's family calls this Chicken Feed!)

1 (10 ounce) package chopped romaine lettuce 1 1/2 cups shredded Cheddar and Monterey cheese

1 (15 ounce) can pinto beans, drained

1 (15 ounce) can black beans, rinsed and drained

2 tomatoes, chopped

1 (16 ounce) package corn chips

1 (16 ounce) bottle Catalina salad dressing Directions

In a large bowl, combine the romaine, cheese, pinto beans, black beans, and tomatoes. Add the corn chips and enough dressing to coat; toss and serve.

## WILD RICE SOUP Debbie Quinzy

1/3 cup wild rice

1 Tablespoon vegetable oil

4 cups water

1 onion, chopped

1 stalk celery, finely chopped

1 carrot finely chopped

1 clove garlic, minced

1/2 cup butter

½ cup all-purpose flour

3 cups chicken broth

2 cups half and half, or heavy cream

1/2 teaspoon dried rosemary

1 teaspoon salt

### **DIRECTIONS:**

Rinse rice; drain. In a medium saucepan, combine rice, oil, and water; bring to a boil. Reduce heat, cover, and simmer for 30 minutes. Meanwhile, in a large pot, cook onion, celery, garlic, and carrots in butter until vegetables are almost tender. Blend in flour, cook for 2 minutes. Add broth and un-drained rice, bring to a boil. Cook and stir until slightly thickened. Stir in cream, rosemary and salt. Reduce heat and simmer, uncovered, about 20 minutes, or until rice is tender.

## POPCORN AND PEANUT TRUFFLES Mona Smith

6 cups popped popcorn

1 cup roasted and salted peanuts

1 (12 ounce) package semisweet chocolate chips 1/2 cup honey

December, 2011

**Directions:** Stir popcorn and peanuts together in a large bowl; set aside. In microwave-safe bowl, heat chocolate chips 10 seconds. Stir chips and repeat, stirring after each 10 seconds, until chips are melted. Warm honey in microwave 10 seconds and stir into chocolate until well blended. Pour chocolate mixture over popcorn mixture and stir until popcorn is evenly coated. Using a small ice cream scoop, push popcorn mixture into scoop and release onto wax paper to form 'truffles'. Refrigerate until firm. Store truffles in an airtight container up to 5 days.

### **COUNTRY BREAKFAST CASSEROLE** Sheri Dixon

2, 16 ounce packages breakfast sausage (  $\rm I$  use the maple flavored sausage)

3 chopped green onion

2 cups shredded Cheddar cheese

10 eggs, lightly beaten

2 cup water

1 1/2 cups milk

2 (2.64 ounce) packages country gravy mix French bread cut into 1 inch cubes

Preheat oven to 325 degrees F (165 degrees C). Grease an 11x8 inch baking dish. Brown sausage in a large skillet; drain fat. Combine sausage with green onion. Arrange bread cubes in baking dish and sprinkle sausage/onion mixture. Whisk together eggs, water, milk, and gravy mix; add mixture to baking dish.

Bake 40 minutes in the preheated oven, or until a knife inserted into the center comes out clean. Set aside 10 minutes before serving. You can make it night before, cover with foil and place in frig. In AM place cold dish in oven (before turning on), turn on to 325 and bake for approx. 50-55 min until knife inserted in center comes out clean.



#### **MEXICAN WEDDING COOKIES**

Shanon Lansdowne

2 sticks room temp. butter or margarine 1 3/4 cups all purpose flour ½ cup powdered sugar 2 tsp. vanilla

Pre heat oven to 275. Cream together butter, sugar, and vanilla. Gradually add flour to form dough. Mince 1 cup pecans. Take about 1 tablespoon of dough for each cookie and form into crescents or whatever shape you like. Roll shape in minced pecans. Place on cookie sheet and bake 40-45 minutes. Dust or roll finished cookies (while still warm) in ½ to 1 cup powdered sugar. Let cool and serve.

#### POSSUM AND TATERS

Joe Kinder

1 young, fat possum

8 sweet potatoes

2 tablespoons butter

1 tablespoon sugar

Directions: First, catch a possum. This in itself is excellent entertainment on a moonlight night. Skin the possum and remove the head and feet. Be sure to wash it thoroughly. Freeze sum) overnight either outside or in a refrigerator. When ready to cook, peel the potatoes and boil them tender in lightly salted water along with the butter and sugar. At the same time, stew the possum tender in a tightly covered pan with a little water. Arrange the taters around the possum, strip with bacon, sprinkle with thyme or marjoram, or pepper, and brown in the oven. Baste often with the drip-

#### **APPLE CHIFFON CAKE**

Sharon Cizerle

1/3 cup oil

34 cup sugar

2 eaas

3/4 cup all purpose flour

1/2 tsp baking powder

¼ tsp salt

1/4 tsp baking soda

1/4 tsp nutmeg

1/4 tsp ground ginger

1 cup finely chopped peeled apple

Topping (recipe follows):

Combine 2 tbsp sugar, 2 tbsp finely chopped walnuts or pecans and ½ tsp cinnamon in a small bowl

Heat oven to 350. Combine oil and sugar in a large bowl; mix using medium speed of electric mixer. Add eggs, beat well.

Combine flour, baking powder, salt, soda, nutmeg, and ginger. Add to oil-sugar mixture. MAPLE SALMON Mix just until blended. Stir in apple. Spread evenly in an ungreased 9" x 9" x 2" pan. (I spray a little pam on the bottom of the pan.) Sprinkle topping over the batter. Bake at 350 for 25-30 minutes or until a wooden toothpick inserted in the center comes out clean. Serve warm or at room temperature. Very good and moist.



#### **CAJUN POSSUM CHILI - NUCLEAR HOT !!! BREAKFAST CASSEROLE**

Joe Kinder

Ingredients:

Tomato Sauce (depends on possum)

1 tsp.-1 cup Chili Powder (Depends on Taste and possum)

1 Large possum or 3 small (If you ran over the celery) possum better make it 4)

1 large pot or two large ones if the first isn't enough.

5-10 chili peppers (depends on taste & pos-

5-10 red peppers (depends on taste and possum)

5-10 jalapeño peppers (depends on taste and possum)

How ever much Cayenne Pepper you like, it depends on your taste and possum.

1 tsp. Black Pepper

a pinch of salt

Chili Beans for extra flavor

And whatever other ingredients that are hot and spicy you would like to add.

#### Directions:

Skin possum(s) Remove internal organs, head, claws, and bones. There is no flavor or use for these. But if you want to add them, Go ahead. Put some tomato sauce in the pot(s). Then add the possum. Chop peppers. Skip chopping peppers if you don't want them chopped, it doesn't matter. Put the rest in and 1 cup packed brown sugar let set for a long dang while. Before serving make sure you have enough bread, Milk, and Toilet paper for after dinner. Serve. Enjoy. Race for bathroom. Whoever is first will make a large stench. Have enough air freshener. Serving size of Meal-depends on how much you put in and on the possum.

Warning-You're a redneck if you try this. (Either that or you like really hot chili.) May cause sudden urges to go to the bathroom. May cause burned tongues and mouths. May cause severe indigestion!!

Debbie Quinzy

**INGREDIENTS:** 

1/4 cup maple syrup

2 tablespoons soy sauce

1 clove garlic, minced

1/4 teaspoon garlic salt

1/8 teaspoon ground black pepper

1 pound salmon

DIRECTIONS: In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once. Preheat oven to 400 degrees F . Place the baking and move to wire racks. (Mrs. Cizerle wins a dish in the preheated oven and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

Nancy Tiede

1 doz eggs

1 bag tater tots

2 cups shredded cheese

1 can cream of chicken soup (or cream of

1 can cream of mushroom soup

1 pound sausage, cooked, crumbled, and cooled

Minced onion (if desired)

Additional things you can add: mushrooms, peppers, olives, etc.

Brown and crumble the pork sausage and set aside to cool while you mix together other ingredients. Beat one dozen eggs in a bowl. Add the soup, cheese, and cooled sausage to the eggs. Place the tater tots in a single layer in a large rectangular baking dish. Pour the egg mixture over the tater tots. (If you want, you can let the mixture set in the refrigerator overnight before baking.) Bake in the oven at 350 for 1 ½ hours. The middle takes a while to cook.

#### THE WHOLE JAR OF PEANUT BUTTER COOKIES

Sharon Cizerle

1 cup butter, softened

1 cup white sugar

2 eggs

1 egg yolk

2 tsp vanilla

1, 18 oz jar crunchy peanut butter

2 cup of all purpose flour

1 tsp baking soda

1/2 tsp salt

In a large bowl, cream butter, white sugar and brown sugar until smooth. Add the eggs, yolk and vanilla; mix until fluffy. Stir in peanut butter. Sift together the flour, baking soda and salt; stir into the peanut butter mixture. Refrigerate the dough at least 2 hours (I refrigerate overnight).

#### **GERMAN CHOCOLATE COOKIES**

Sharon Cizerle

1 pkg German chocolate cake mix (must be Betty Crocker)

2 eaas

1/2 cup butter, melted

½ cup quick cook oatmeal (not instant)

1 cup chocolate chips (semi-sweet)

Combine cake mix, eggs, butter, and oatmeal. Mix well by hand (this mixture will be very stiff). Stir in chocolate chips. Drop by tablespoonfuls on cookie sheet. Bake at 350 for 11 -12 minutes until set. Cool for five minutes blue ribbon on this cookie every year at the county fair!)